



**Take a moment to complete the survey below by July 6, 2007**

1. How many points did you earn in week 3?

[     ]

2. How many points have you earned since you began SummerFit?

[     ]

3. Did you visit one of Indiana's farmers' markets last week?

( ) Yes

( ) No

4. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

## SummerFit - Week 4

As you begin the fourth week of SummerFit, take a moment to consider your success thus far. Have you swapped cola for water? Has walking led to meeting new friends or neighbors? Maybe you discovered a great tasting new vegetable at a farmers' market last week. The benefits of good health reach far beyond the physical. A healthy lifestyle will help you get the most out of each day.

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- [Forwarding SummerFit e-mail to a friend](#) – 2 points
- Completing the "Weekly Bonus" – 10 points



## Why Forward to a Friend?

You can positively influence your friends, family, and co-workers by sharing your own health goals, and offering to support them in adopting healthy changes. Then you can help one another stay motivated and take on new challenges.

Since SummerFit began three weeks ago, nearly 5,000 individuals have received a SummerFit email message as a result of current participants using the "forward to a friend" function. Many of these 5,000 have in turn, signed up for the program.

Take advantage of the role that you play in the lives of others and influence those people to make healthy decisions alongside you.

## Weekly Bonus

**This week's bonus points can be earned by influencing your workplace or other organization.**

By making broad policy decisions that encourage increased physical activity, better food choices, and tobacco cessation, an organization can create a culture geared toward good health. It only takes one enthusiastic member of a group to spark this change. That member can be you.

INShape Indiana has several resources for you to use to become an agent of change. Review an example of a wellness policy, download an INShape Indiana sign up sheet for your co-workers, and have a conversation with your human resources department or other decision-maker at any organization in which you are involved. [Visit this site](#) for ideas on how you can make a difference. **Then award yourself 10 points for doing so.**



## SummerFit Tracking Sheet

Keep track of your points with this printable tracking sheet

[Download here](#)

**Do you know someone who could benefit from SummerFit?**

Forward  
to a Friend >

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